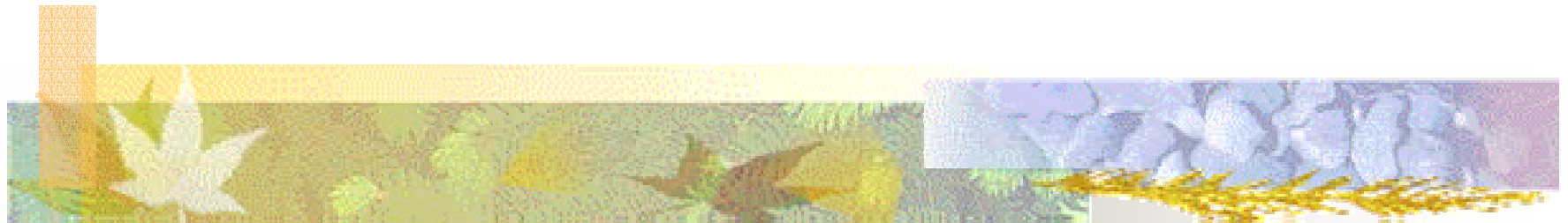


# South West Postnatal Depression Project



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10-20% of Australian childbearing women  
are estimated to suffer PND

Partners at increased risk of depression &  
anxiety

Babies at increased risk of developmental  
delay – including attachment disorders





## Development of Project:

- Community Forums
- Agency Consultation
- Development of Steering Group
- DHS funded, 18 month project coordinated by the Primary Mental Health Team.



## The Project:

- Project worker appointed in May 2003
- Theoretical framework of project
- Key service providers: primary care providers (MCHN, midwives, GPs, family support workers), secondary care providers (obstetricians & paediatricians).



## **SIX broad project objectives**

- Enhanced awareness of South West Region services and activities relating to ante/postnatal care of childbearing women.
- Provision of quality training & education around childbearing mental health issues
- Use of best practice care models across the region for women at risk of and experiencing PND.



## **Project Objectives** (Cont'd):

- Utilisation of effective referral pathway models throughout the SW region.
- Ongoing enhancement of PND related services, including coordination of service provision, education and training.
- Community development and attitudinal change in healthcare professionals and childbearing women to routinely examine mental health in the childbearing period.



## **Project Activities:**

- Service Mapping and development of PND service database
- Identification of current practices & prior learning
- Identification of best practice models
- Provision of education & training to PCP
- Referral pathways
- Public awareness & change development

## Project Evaluation:

- Training questionnaires
- BASK evaluation of attitudinal and practice change (Behaviour, Attitudes, Skills, Knowledge)
- Practice surveys, educational questionnaires, referral audits.

